MIDDLETOWN TRAIL GUIDE



Middletown, Connecticut 2005



Birders search for fall migrants at Middletown Nature Gardens.

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Former Mayor Paul Gionfriddo

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John Hangen

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Ronald Klattenberg

Stacey Lowe

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Bob Nolan

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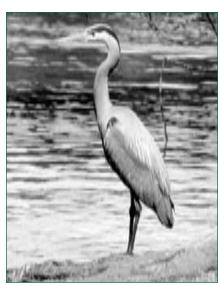
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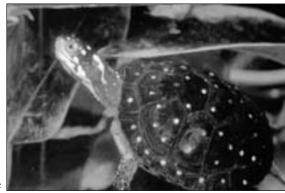
William Warner

Norm Zimmer

Shirlee Zito



Great Blue Heron



Spotted Turtle



OFFICE OF THE MAYOR

City of Middletown

CONNECTICUT 06457

Domenique S. Thornton Mayor

December 2004

Dear Citizens.

Middletown is a city of natural diversity, ranging from the Connecticut River to the top of Higby Mountain. It contains lush river bottom forests, open fields, oakhickory woodlands, and wind-swept rocky crags. We are fortunate to have such interesting areas within our boundaries. And now, those who wish to can explore these natural treasures with the help of this guide.

Middletown's natural setting—on the Connecticut River and midway between Hartford and New Haven, between Boston and New York—has impacted its history, development, and future. It brings beauty and opportunity for enjoyment to those who visit the area.

As Mayor of the City of Middletown, I am pleased to have worked with the Conservation Commission to provide this handy guide describing the nature trails available throughout our great City. The Conservation Commission has worked diligently to not only protect the rural characteristics of Middletown, but also provide passive recreation opportunities for our citizens. I believe strongly that Middletown will continue to be an appealing place in which to live if we continue to preserve these natural environments.

I hope that you, along with family and friends, will take some leisure time to enjoy the beautiful open space in Middletown.

Sincerely,

Domenique S. Thornton, Mayor

DST/ed

Dear Reader,

The Middletown Conservation Commission is pleased to provide you with this guide to Middletown's open spaces. Developed over a period of years, the guide has been a major undertaking of the Commission, made possible with assistance from many volunteers from the community. The guide, an invitation to explore the City's important natural treasures, provides information to the citizens of Middletown and its visitors about numerous locations for passive recreation—walking, cross country skiing, nature study, biking, jogging and even canoeing and kayaking.

The City of Middletown encompasses almost 30,000 acres, making it one of the largest cities in Connecticut in terms of land area. Approximately 14% or 4,000 acres are dedicated open space, consisting of land owned by the city, state, and conservation organizations, as well as lands protected by conservation easements or the purchase of development rights.

Acquisition of many of the city-owned properties was made possible by two local open space bond funds: a five million dollar fund to purchase open space approved by Middletown citizens in 1989, and a three million dollar fund approved in 2000. The State of Connecticut has also provided grant funds, administered by the Department of Environmental Protection (DEP), to purchase additional areas.

While there are popular open space areas throughout the City—Wadsworth State Park, Middletown Nature Garden, and Higby Mountain—there are also less familiar spots. For example, Guida Farm with its wonderful views and walks through fields and deciduous forest, or The Nature Conservancy's Spiderweed Preserve, with its magnificent rock outcroppings and interesting plant life. Now you can locate and enjoy these properties, as well as others, with the directions and trail maps provided in this guide. We also include notes on areas that are of smaller size but worth a visit due to their geological, scenic, or ecological value.

This guide is for you, the citizens of Middletown and visitors. We hope you will find it useful. Happy exploring!



Overview

This trail guide was written to help you find and enjoy areas of open space in Middletown, Connecticut. These are places—both large and small—that have been permanently protected from development within Middletown's borders by state or local governments and private conservation groups.

The main map (on page 2) shows all the open space areas in Middletown. For a variety of reasons, some of these areas are not suitable for public access or hiking. This guide highlights those areas with major trails and those places available for strolls or vistas.

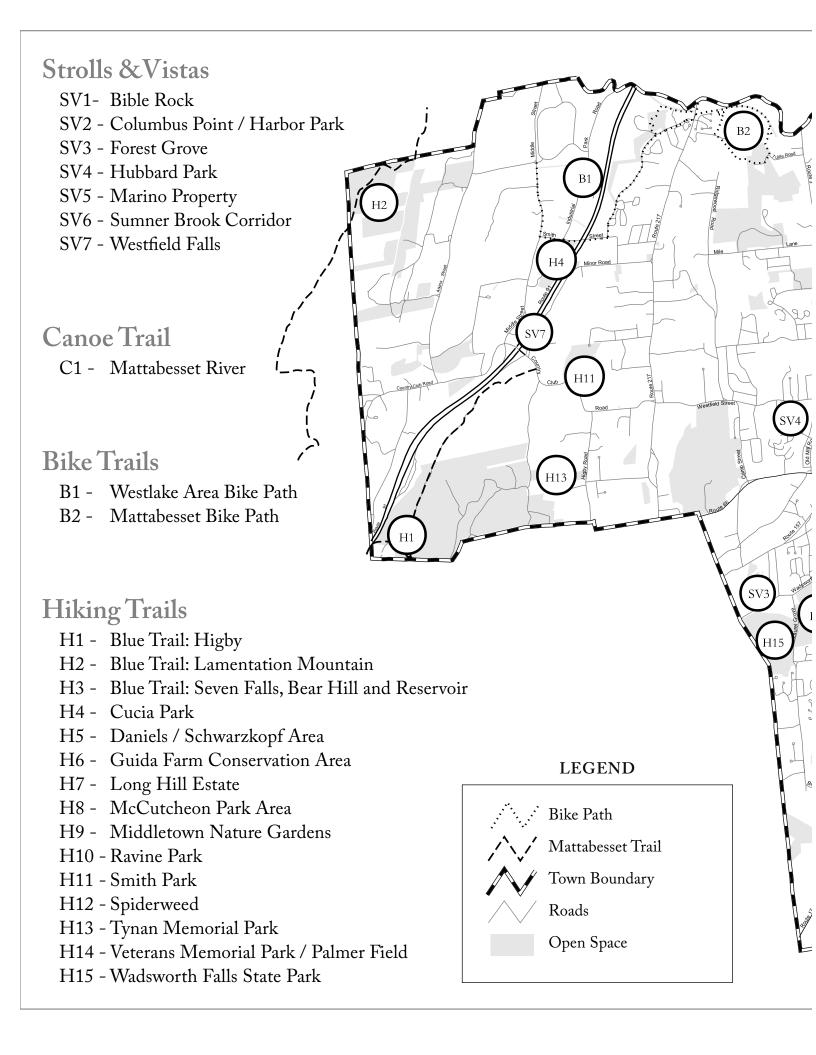
Major Trails, where one can spend a substantial amount of time either hiking, biking, or canoeing/kayaking, are described and mapped. Please note that trail locations on these maps are approximate and should be used with caution and common sense. Each site includes directions, information about parking, and a general statement about the terrain, followed by general comments and descriptions of trails at the site. Total acreage and ownership information is also provided when appropriate. All information is as up to date as possible; be aware that information may have changed since sites were field-checked.

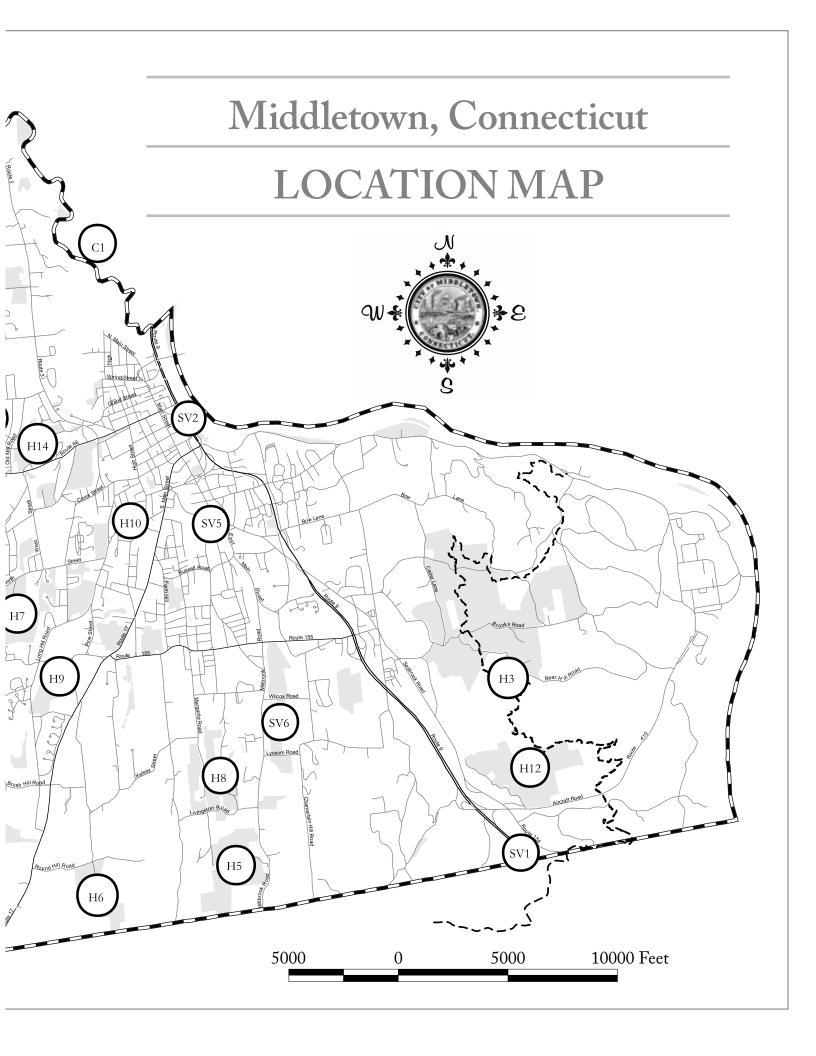
Strolls & Vistas include sites that are small in size or with topography or a feature that does not require detailed description, though they are wonderful places for brief visits. Their listings include the site locations and their prominent features.

Middletown also is fortunate to have a large number of city parks and recreational areas. These are summarized in the table provided on page 4. Parks with trails are described in the text of this guide, but the vast majority of these are primarily picnic areas, playgrounds, or ball fields that are otherwise not described in this guide.

Finally there is a list of other resources (page 50), for those of you who have discovered a love of these areas. These additional publications provide more extensive information on trails, ecology, and history within city limits, as well as farther afield.







Middletown Department of Park and Recreation Properties

Alsop Property	Newfield Street	15.20 acre
Butternut Hollow	Butternut Street	5.90 acre
Columbus Point	Harbor Drive	.75 acre
Cucia Park	Smith Street	4.40 acre
deKoven/Green St. Playground	deKoven Drive	2.25 acre
Dobson Circle	Denison Road	3.30 acre
Donovan Park	Stack Street	2.25 acre
Guida Farm Conservation Area	Coleman Road	100.00 acre
Harbor Park	Harbor Drive	2.60 acre
Hubbard Park Little League	East Main Street	3.50 acre
Hubbard Tract	Westfield Street	22.00 acre
Long Hill Estate	Wadsworth Street	103.00 acre
Marzalek Park	Middlefield Street	.50 acre
McCarthy Park	Hotchkiss Street	2.40 acre
McCutcheon Park*	Livingston Road	104.60 acre
McCutcheon Wildlife Sanctuary	Livingston Road	29.74 acre
Middletown Nature Gardens	Randolph Road	17.90 acre
Newfield Meadows	Mile Lane	144.00 acre
Palmer Field	Bernie O'Rourke Drive	6.70 acre
Pat Kidney Field	Farm Hill Road	9.00 acre
Pillarella Field	Kaplan Drive	2.10 acre
Ravine Park	Highland Avenue	8.80 acre
Roosevelt Park	Miller Street	2.00 acre
Smith Park *	Country Club Rd	80.00 acre
Spear Park	Main Street	2.20 acre
Swales Pond	Wadsworth Street	1.50 acre
Town Farms Park	River Road	6.00 acre
Tynan Memorial Park	Higby Road	30.1 6 acre
Union Park at South Green	Main Street	1.30 acre
Veteran's Memorial Park*	Newfield Street	41.00 acre
Veteran's Memorial Green*	Washington Street	3.30 acre
Westfield Falls	Miner Street	2.00 acre
Wilcox Island	Connecticut River	16.50 acre
Zoars Pond	Randolph Road	24.70 acre

^{*}reservation required for picnic area or group use

Accessible	Telephone	Electricity	Reserved Picnic	Picnic Facilities	Tennis	Playground	Basketball	Little League	Soccer Field	Football Field	Baseball Field	Softball Field	Fishing	Swimming	Boating	Ice Skating	Hiking Trails	Historical Monument	Bathrooms	◆ Open Space
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Rules of the Trail

Please use the following guidelines when enjoying the trails:

- No motorized vehicles allowed.
- The following are not permitted: fires, hunting, trapping, or firearms
- Swimming is allowed only in officially noted state and city recreational areas
- Please keep your pets under control at all times
- Obey all signs, especially "No Trespassing"
- Sites included in this guide are open from dawn to dusk
- Please leave all plants, flowers, mushrooms, wildlife, rocks, and such for the next hiker to enjoy
- Please respect peace and quiet on the trail
- Bicycles are allowed on bike trails only
- Please pack out your trash and pick up any litter that you find on the trail
- Leave all gates as you find them
- "Be Prepared:" carry adequate equipment and supplies for your trip
- Enjoy!



Major Trails:

Hiking Trails

This section is the major focus of this guide and includes descriptions and maps of fifteen sites within Middletown that provide opportunities for sizeable hikes. These trails are maintained under a variety of conditions, generally under ownership of city, state, or private conservation organizations. Please respect the Rules of the Trail and report any concerns to the property owners.



Tynan Memorial Park

Blue-Blazed Hiking Trail:

Higby Mountain

Directions: From the junction of Routes 66 and 147, take Route 66 west for about 0.5 miles. The trailhead is located just east of the intersection of Route 66 and Interstate 91.

Parking: There is limited parking on the north side of Route 66 (heading west) just east of the Middlefield-Meriden town line at the brow of the hill where Route 66 becomes a divided highway. A second car may be parked at the Country Club Road trail head, which is located about 0.3 miles east of the entrance to Interstate 91 on Country Club Road.

Terrain: There are many areas that are very steep, rocky, and unstable.

General: Higby Mountain is an area of several hundred acres, owned by the City of Middletown, The Nature Conservancy, and private landowners. The view at the Pinnacle extends almost 360 degrees from Mount Tom in Massachusetts to Long Island Sound at New Haven. This trail—and the next two—are part of the Blue Trail System, maintained by the Connecticut Forest and Park Association. Some of the protected land here was purchased through DEP Open Space Grant funds.

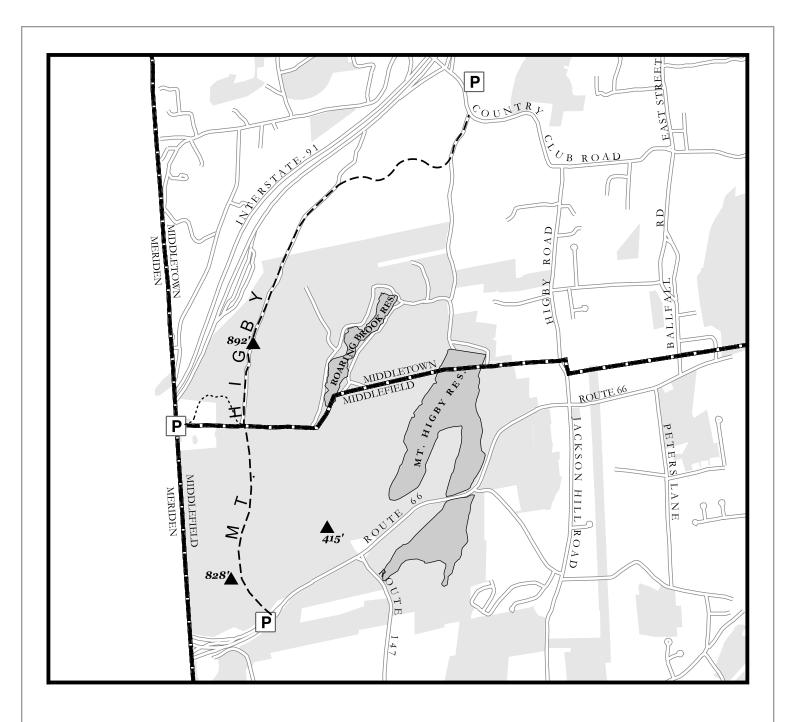
Higby Mountain is in the Metacomet Range and is part of an unusual geologic formation called a traprock ridge. This basalt rock supports several uncommon plants and provides a dry environment for struggling trees found along the ridge. Hawks use the thermal currents formed by the ridges for soaring and can been seen at eye level while walking along the cliff edge.

Trail: From the Route 66 parking area, one ascends directly uphill on a rough, stone-strewn path. Go left on a broad, level trail, following the blue blazes of the Mattabesett Trail. The trail makes several switchbacks, dips briefly westward, then climbs north along the ridge edge to the viewpoint, the Pinnacle, 828 feet above sea level.

Continue north to Preston Notch, where a white-blazed trail travels down a steep slope to the power line right-of-way. Hike along the power line, or return to the ridge and continue to the northern part of Higby Mountain at 892 feet and a natural bridge formation. Follow the blue-blazed trails north to Country Club Road. The trail is about 4.5 miles in length.



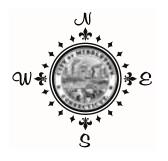
Turkey Vulture

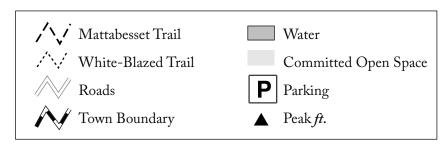




*(Scale = 1 in : 2500 ft)







Blue-Blazed Hiking Trail: Lamentation Mountain and Chauncey Peak

Directions: From its intersection with Interstate 91, take Westfield Road (a continuation of Country Club Road) west 2.2 miles to a trailhead on the north side of the road. This area can also be accessed from the trail at the north end of Higby Mountain by walking west along County Club Road to this same location.

There is parking at Giuffrida Park, located off Westfield Road a short distance west of the trailhead. **Parking:**

Terrain: The terrain is varied and can be extremely steep in areas.

General: Lamentation Mountain is a several-hundred acre area that belongs to various city, land trust, and private

owners. This hike provides some of the finest ridge top hiking and cliff views in our area. This trail is part of the Blue Trail System, maintained by the Connecticut Forest and Park Association. Only a small portion of this hike is in Middletown. The height of Lamentation Mountain, in Meriden, is 720 feet.

Several parcels here were purchased with DEP Open Space Grant funds.

Trail: The blue-blazed trail, also part of the Mattabessett Trail, travels 4.85 miles from Westfield Road in

> Middletown to Spruce Brook Road in Berlin. The trail ascends steeply from Westfield Road to Chauncey Peak, which is 686 feet. Running from south to north, the trail crosses a canal after one mile, and then begins the ascent to Lamentation Mountain, perhaps one of the most scenic traprock hikes in the state. The trail continues along an old woods road for 0.2 miles and ascends again, reaching a rocky summit. From here, the trail makes a long descent to Stantack Road, where it continues until it meets Spruce

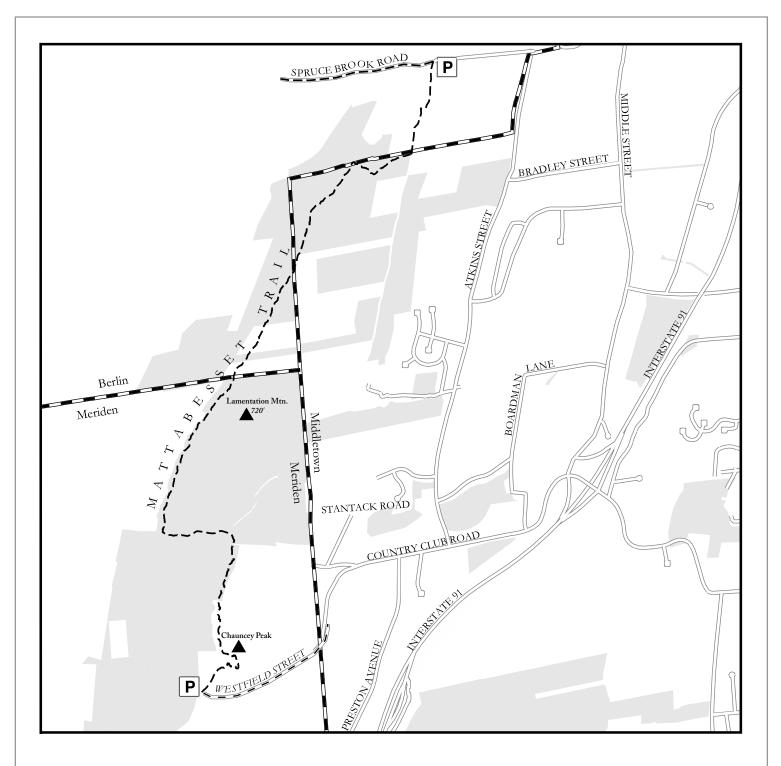
Brook Road in Berlin.



Hepatica

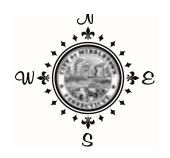


Dutchman's Britches

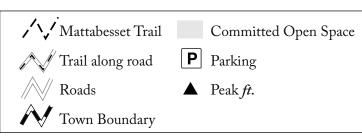


Lamentation Mountain

*(Scale = 1 in : 2500 ft)







Blue-Blazed Hiking Trail: Seven Falls, Bear Hill, and Reservoir Loop Trail

Directions: Southern end: From Route 9, take Exit 10 (Aircraft Road). Go south on Route 154 for 0.8 miles to

Seven Falls Park, on the left (east) side of the road. The entrance to the southern part of the trail is just

north of the parking area along Route 154.

Northern end: From the north, take Route 9 to Exit 12, turn left onto Silver Street, and continue until the junction of River Road. Turn right on River Road; the trail starts on the right approximately 2 miles after this intersection, diagonally across from a large power plant.

Parking: Southern end: At Seven Falls Park, park in the lot at the southern end of this trail.

Northern end: Park along the guardrail on the right side of River Road.

Terrain: The terrain varies, with several steep areas and some wet sections.

General: This portion of the Mattabesett Trail provides scenic vistas of the Connecticut River, impressive rock outcroppings, numerous streams, shallow bogs, and magnificent stands of mountain laurel (Connecticut's

state flower, which blossoms generally in mid-June). Combining main and loop trails provide walks of various lengths. Land ownership in this area is primarily private, although there is some state and city owned land. This trail is part of the Blue Trail System, maintained by the Connecticut Forest and Park

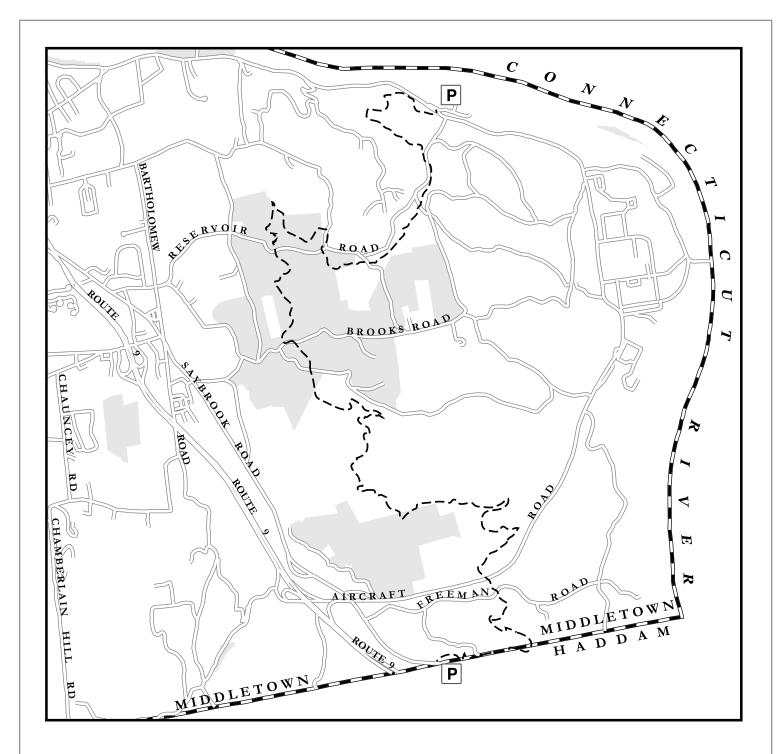
Association.

Trails: The main trail, blazed in blue, is 10.4 miles in length with 4.9 miles of loop trails (not shown on the map).

The loop trails are easier hiking and are blazed with blue circles. The main trail runs in a north-south

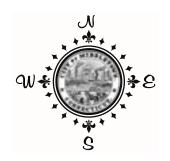
direction.



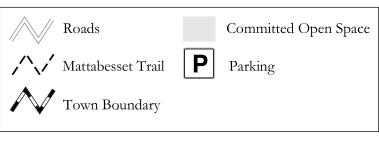


Seven Falls, Bear Hill, and Reservoir Loop Trail

*(Scale = 1 in : 3000 ft)







Cucia Park

Directions: From Interstate 91 heading south, take Exit 20. At the end of the ramp, take a right onto Middle Street. At the first light, turn right onto Smith Street. The park is a short distance on the right.

> From Interstate 91 going north, take Exit 20. At the end of the ramp, turn left onto Country Club Road. At the first stop sign, take a right onto Middle Street, and then at the first traffic light turn right onto Smith Street. The park is a short distance on the right, with its entrance on Smith Street, almost directly across from the intersection of Industrial Park Road.

Parking: Cucia Park is accessed from Smith Street by a paved driveway. Ample parking is available.

Terrain: The area is generally level.

General: The City of Middletown acquired this 40.5-acre parcel in 1974. Interstate 91 borders Cucia Park to the east. The park contains a small pond associated with Sawmill Brook. The Middletown Park and Recreation Department maintains a grassy area surrounding the pond. In the past, the pond has been stocked with trout for fishing derbies. The pond also attracts swans, geese, ducks, and herons. There are picnic tables and benches near the pond.

An old abandoned railroad bed is located on the property and offers limited bike riding opportunities.

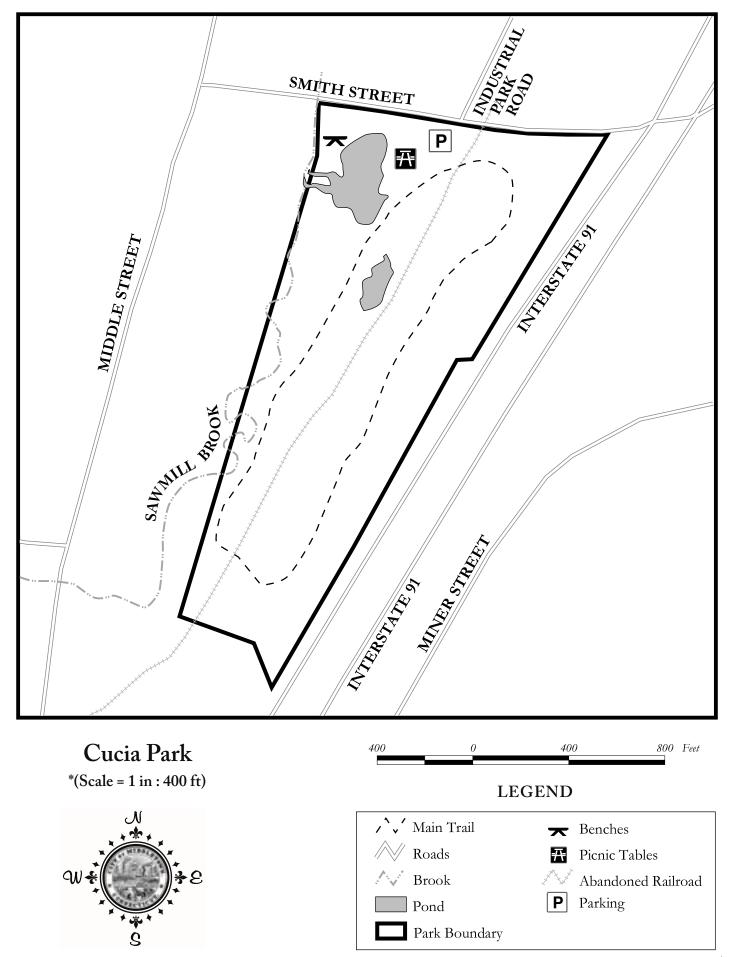
Trees found on the site include sugar maples, oaks, tulip, green ash, hickory, and American beech. The wetland areas surrounding the pond and along Sawmill Brook contain skunk cabbage, tussock sedge, cinnamon fern, witch hazel, and jack-in-the-pulpit.

The park is conducive to birding, hiking, fishing, and picnicking, with biking along the abandoned railroad.

Trail: There is a one-mile loop trail through the property. The trail begins at the parking area, passes picnic areas, and heads south along Sawmill Brook. It crosses the abandoned railroad tracks and then goes east on a ridge running parallel to Interstate 91. The trail makes a loop down a gentle slope and traverses back along the brook.







Daniels-Schwarzkopf Area

Directions: From Randolph Road (Route 155), go south on Millbrook Road and turn right onto Old Johnson Lane, a gravel road. The entrance to the area is about 0.1 miles on the right.

Parking: There is a small parking area at the trailhead.

Terrain: These trails are very gentle, following old dirt roads and narrow paths.

General: The Daniels-Schwarzkopf parcels were purchased recently by the City of Middletown with open space bond funds from the City and a DEP grant. Together they comprise almost 120 acres of attractive

deciduous forest, with small stands of hemlock and birch, and a vernal pool. The area has a tightly packed network of short trails, some of which are blazed and others not. The western trail loop connects to trails (some blazed in red) to the adjoining Rockfall Foundation property (the Linus Baldwin Woodlot). Horses and their riders use and maintain many of the trails. Because of the large number of intersecting trails, lack of consistent blazes, and unmarked trails that lead to private property, care must be taken to

avoid losing one's orientation.

Trail: The trails consist of a main trail that leads to two short loops; the westernmost of the two loops connects to a large number of spur trails and the northern loop connects to the power lines. From Old Johnson Lane, the main trail (marked with circular Conservation Area markers) ascends gently southward on an old dirt road past a chain gate. Turning west, it begins a slight descent, passing through a small clearing with berry bushes (at 0.25 mile, an unmarked, unmaintained path branches to the left). The main trail

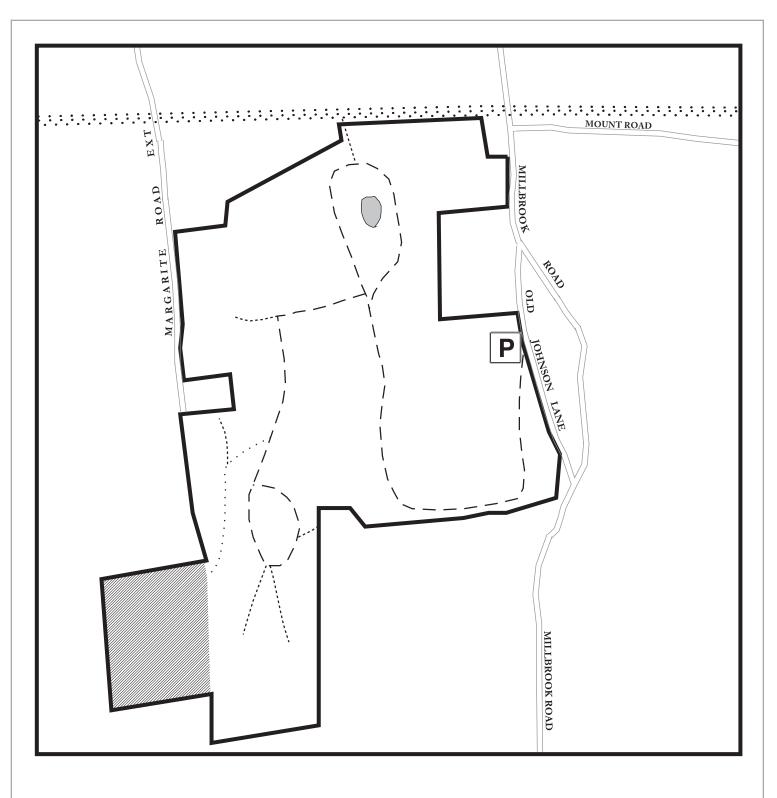
ascends gently again, turns north and bisects a small stand of young birch.

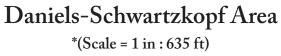
At 0.5 mile, the northern loop branches to the right and continues northerly for a short distance. As it turns to circle back to the main trail, there is an unmarked trail that leads north to the power lines. This loop passes a vernal pool and a partially reconstructed stone wall to the east.

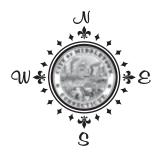
If not on the northern loop, the main trail continues northwesterly, descending gently. About 200 feet from the intersection with the northern loop, the main trail turns left and proceeds downhill, parallel to an old stone wall to the north. At 0.1 mile, there is a spur trail that leads to a small stream.

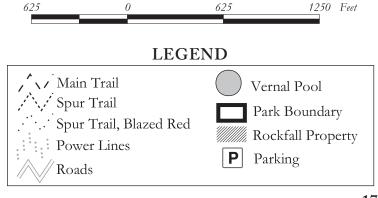
The main trail continues through a small clearing and after 0.2 miles meets a red-blazed trail to the right, which connects to trails on the property of The Rockfall Foundation. The main trail proceeds downhill on an old dirt road and forks into the western loop after a short distance. Taking the right fork, two other old roads are encountered on the right, leading uphill to the south. The loop trail returns to the junction with the main trail, after passing trails on the right that lead to private property. The main trail can be followed back to the parking area.











Guida Farm Conservation Area

Directions: From Route 17 south (toward Durham), take the first left after Dooley Pond onto Round Hill Road.

 $Continue\ straight\ for\ 0.5\ miles\ to\ a\ stop\ sign\ at\ the\ intersection\ of\ Coleman\ and\ Round\ Hill\ Roads, and$

turn right (south) into the parking area.

Parking: There is parking for several cars in this off-road area.

Terrain: The area varies, with open fields, wet areas and some steep sections.

General: This area consists of three contiguous parcels, Guida Farm Conservation Area, Cassa Property, and Makuch Preserve. City Open Space funds were used to purchase some of the tracts here.

The Guida Farm Conservation Area, owned by the City of Middletown, is a 99-acre parcel containing eight open fields, two ponds, old field habitat of gray birch and eastern red cedar, and mixed deciduous woodland. Green frogs, bullfrogs, and painted turtles are often sighted at the first pond. Abundant cardinal flowers and nectaring ruby-throated hummingbirds can be seen in August in the wet meadow north of the second pond. Both ponds provide early spring breeding habitat for spotted salamanders and wood frogs. Bird and mammal lists are on the signboard in the parking area.

A unique feature is the exposed Jurassic conglomerate rock formation (a very coarse grained sedimentary rock) running north/south along the eastern border of the property. There are fewer than a dozen places on earth where this type of formation is so prominently displayed.

The City-owned Makuch Preserve is a 15-acre parcel located on the western border of the Guida property. The Cassa property, owned by The Middlesex Land Trust and located on Guida's eastern border, is seven acres of primarily beech/oak forest on the top of the Jurassic ledge mentioned above. A connecting trail to Guida is planned.

Trails:

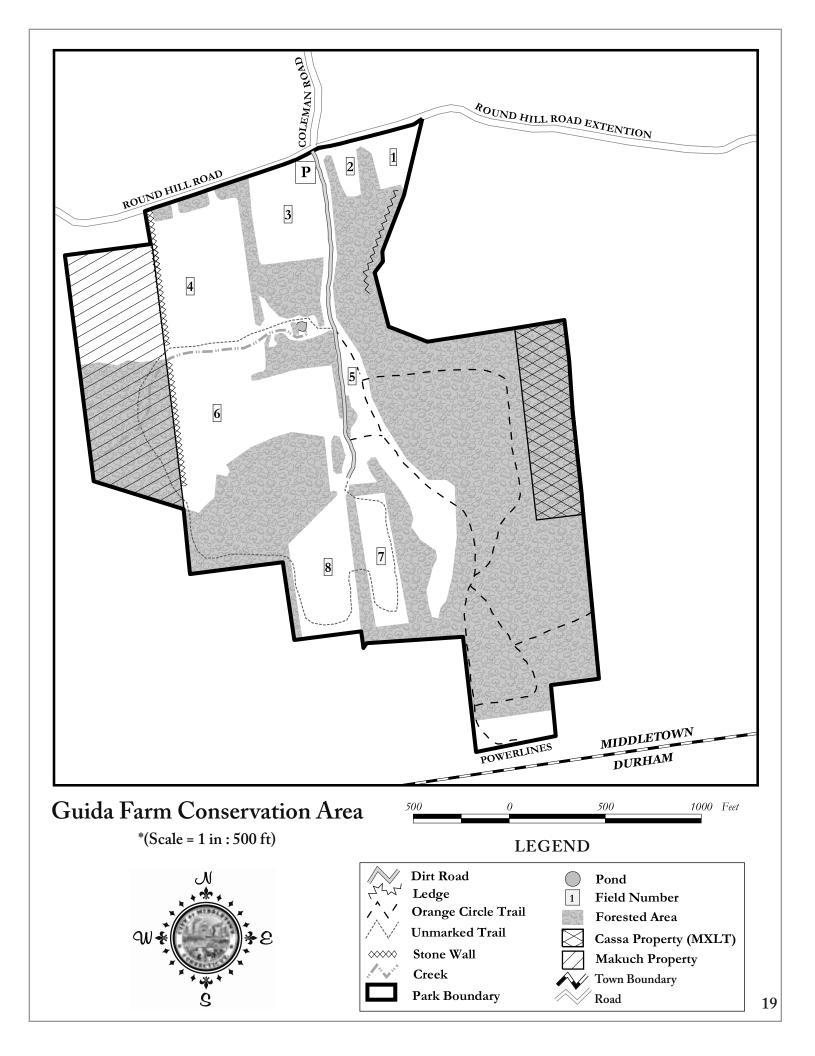
Access to the Guida Farm Conservation Area trails is from the main parking area along a dirt road running north/south. Most trails are well delineated but unmarked at this time. There is a main trail and several smaller trails off of the main route. The property is suitable for all forms of passive recreation including hiking, mountain biking, cross country skiing, sledding, and snow-shoeing. Walking is fairly easy along the main trail and moderate on the smaller trails where there are roots, rocks, and steeper grades.

Access to the Makuch Preserve is gained through an opening in the stone wall between fields #4 and #6. A narrow trail runs west before turning south, then crosses the intermittent stream into moist woodland where the understory is dominated by fragrant spicebush. The trail turns left and uphill just before reaching some private driveways, and connects to field #8. It

continues across to field #7 and then turns northerly where it joins the dirt road that leads back to the parking area.



Art—Patrick Derosier



Long Hill Estate

Directions: Take Route 66 to West Street and go south until it intersects with Wadsworth Street. Turn right (west) onto Wadsworth Street and go 0.3 miles. From this direction, the entrance will be on the left (south).

Parking: Parking lots are available to the west and rear of Wadsworth Mansion, reached by following the entrance drive.

Terrain: The Perimeter Trail's terrain is varied, intermittently wet, and with some moderately steep inclines on the east side of the property. The Olmsted Loop Trail is generally level.

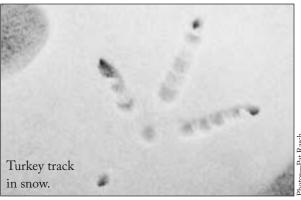
General: A Beaux Arts Mansion built in 1908 by Colonel and Mrs. Clarence Wadsworth is at the heart of this 103-acre property, which was purchased using City Open Space funds. A 1.5-mile perimeter trail outlines the estate, while another 0.5-mile loop trail is found in the interior. Self-guided tour pamphlets are available for both trails at the kiosks.

> In different seasons, the property hosts many animals such as wild turkeys, deer, fox, songbirds, and salamanders. There are a number of specimen trees, some of which have been labeled. In daffodil season (generally in April), there is an extensive display along the entrance road.

> The Perimeter Trail, 1.5 miles in length, is marked with blue blazes. This trail begins left of the entrance road near its junction with Wadsworth Street at a large signboard, which contains brochures describing points of interest along the trail. It loops mainly south, with a brief swing east along a ridge (Long Hill), one of the highest points in Middletown. The trail then continues west and south, passing through a swampy area, crossing a meadow, and traversing the south lawn of the mansion. Upon entering a wooded area, the trail swings north, paralleling Laurel Grove Road. There is a small connecting trail to the road and Wadsworth Falls State Park on the left. Continuing farther on the main trail, there is a great white oak tree on the left. The trail then returns to the starting point on the entrance road.

> The Olmsted Loop Trail, 0.5 miles in length, is blazed orange and features descriptive signs highlighting the story of the property's past. It intersects the Perimeter Trail at two points. A signboard with a trail map and historical timeline is located near the front of the mansion and is a good starting point. The trail encompasses an old revolutionary road, beautiful stone walls, an ancient Native American trail, an alleé of white oaks, and a small pond. A wide crushed stone trail, donated by the Middletown Garden Club, surrounds the pond area. The loop trail passes an elegant columned tennis area, the rear façade of the mansion, and returns to the starting point after passing an avenue of black walnut trees.



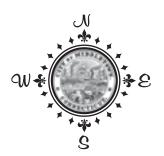


Trails:





*(Scale = 1 in : 500 ft)





LEGEND

Olmsted Loop
Perimeter Trail
Park Boundary
Parking

Road

- 1. Main Entrance (paved road)
 2. Wadsworth Mansion
- 2. Wadsworth Mansion3. White Oak Lane
- 4. Trail to Wadsworth Falls
 State Park

view Scenic Vista
Pond

McCutcheon Park Area

Directions: From Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take the fifth right onto Livingston Road. After 0.2 miles, take the first right off Livingston into

McCutcheon Park.

Parking: There is ample parking at the park. Entrance requires a Middletown residence pass during the summer

season. To use the red trail, park to the left (west), where the red dots are painted on wooden fence posts.

To access the orange trail, park on the right (east).

Terrain: The trails are varied, with areas of wetness and some moderate to steep climbing.

General: McCutcheon Park is open from dawn to dusk and provides opportunities for hiking, picnicking, fishing, swimming, and boating. There is handicapped parking and ramps to the beach, picnic tables, and a fishing pier. Trails are not handicapped-accessible. Additional parcels within the park area include the Plum

property, the Earnest and Luella McCutcheon Wildlife Sanctuary, and the Russo piece, which were

purchased with City Open Space funds. All are owned by the City of Middletown and total 131 acres.

Trails: There are four trails on the western side of the park (Red, Blue, Yellow, and Green) and one (Orange) on the eastern side of the park. Only the Red and Orange Trails originate at the parking area. As can be seen on the map, the Blue, Green, and Yellow Trails are accessed from points along the Red Trail.

The Orange Trail, 0.5 miles of easy to moderate hiking, originates on the right (east) across from the first baseball diamond. The trail is well marked and traverses a lightly wooded area with many tall trees.

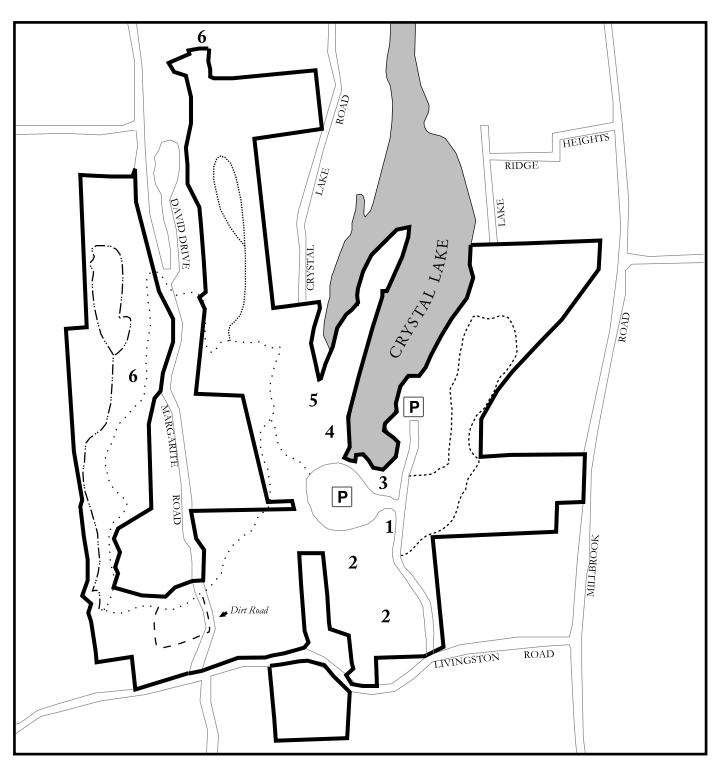
The Red Trail, 1.3 miles in length, has mostly flat and moderate terrain with two steep hills. Two areas, one at the beginning of the trail and the other in the meadow east of Margarite Road, can be very wet, especially in the spring. Features include an overlook and mountain laurel forests.

Red dots painted at an opening in the wooden fence indicate the entrance to the Red Trail. After 0.125 miles, the trail splits and forms a loop that can be followed in either direction (see map). Following the trail to the north (straight) and then heading west (toward Margarite Road), the trail passes through deciduous woods, mountain laurel, and a wet meadow. The trail is clearly marked in the woods; in the meadow, where there is limited blazing, there is a well-worn footpath. After a short incline and following a right-of-way between two houses along a post and rail fence, turn right and cross Margarite Road (see map). The trail returns to the woods to the left (west) after passing David Drive, and continues south over mostly flat terrain, bordered by large stands of mountain laurel and several large rock outcrops. After the junction with the Yellow Trail, the trail veers east (left), crosses an unmarked dirt extension of Margarite Road, and continues through wooded areas with old stone walls to the parking lot.

The Green Trail, accessed from the Red Trail (see map), is 0.5 miles in length and covers flat terrain, except for a steep slope at its north end. The wooded area is clearly blazed and a footpath crosses the fields.

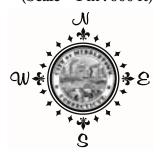
The Yellow Trail, also accessed from the Red Trail (see map), is almost one mile long, with difficult hiking at the southern end. It runs north through deciduous woods, mountain laurel, and past the underside of cliffs and overhangs, where ice caves form in winter. These cliffs include rock formations from the early Jurassic (Portland Formation), about 201 million years ago.

The Blue Trail, a short 0.2-mile loop off the Red Trail (see map), is moderate to difficult walking. The trail is primarily on the side of a hill and there are some steep places. In the fall it is especially challenging due to fallen leaves.





*(Scale = 1 in : 600 ft)



600 600 1200 Feet

- ..∶ Red Trail · · · Orange Trail
- √ Green Trail
- ' Blue Trail Yellow Trail
- 1. Entrance Booth
- 2. Baseball Field
- 3. Life Guard House
- 4. Shower House 5. Pavilion
- 6. Rock Overhang









Middletown Nature Gardens

Directions: From Route 17, go west on Randolph Road for about 0.3 miles. The park entrance is on the left (between Brown Street and Long Hill Road).

Parking: Limited parking is available (6-8 spaces).

Terrain: Slightly sloped from north to south, this parcel provides easy, flat walking and several trails that are

accessible to persons with disabilities.

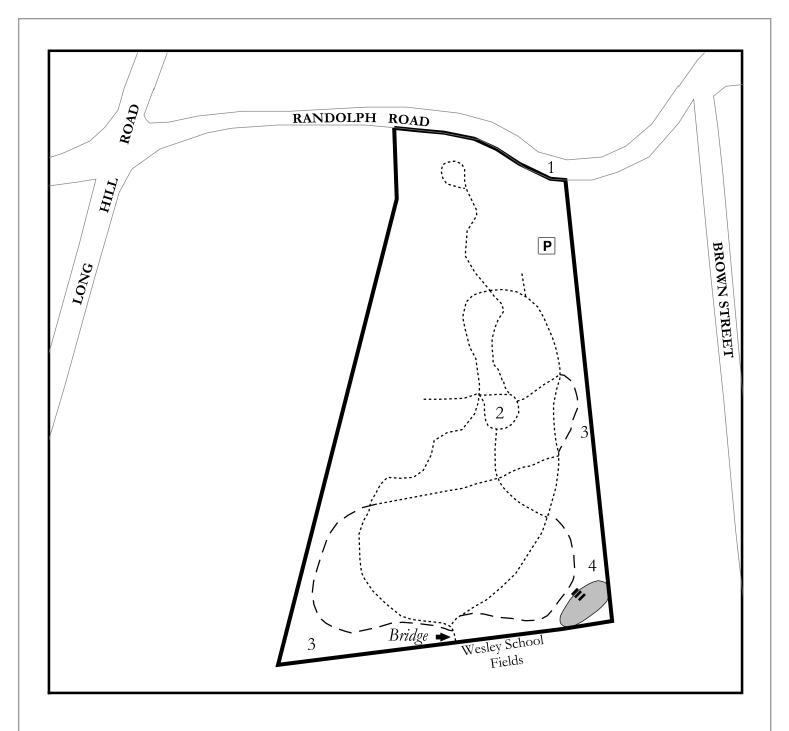
General: In 1995, the City of Middletown used City Open Space funds to purchase 18 acres of land in the southern part of town between Randolph Road and Wesleyan Hills Road, bordering Wesley Elementary School and the Wesleyan Hills development dedicated open space. This special piece of land offers swamps, vernal pools, woods, and a meadow.

Many kinds of flora and fauna can be seen in the different seasons. Trees and shrubs include red cedar, flowering dogwood, highbush blueberries, spicebush, arrowwood, ironwood, red maple, white pine, and speckled alder. Goldenrod, aster, and joe-pye weed are common flowers. Community volunteers have erected bluebird boxes and bat houses and are compiling a list of birds seen on the property.

Trails: The main trail is a 0.5-mile loop. Near the center in an open field is a majestic 200 year-old sugar maple. To the south, a small bridge connects this area with Wesley School playing fields.

Mulched side trails, which branch off from the main trail, add another 0.5 miles to the walk. These trails are sometimes wet. Vernal pools, habitats for salamanders and wood frogs, are located in the southeast corner. To the west are ten acres of red maple swamp.





Middletown Nature Gardens

*(Scale = 1 in : 250 ft)





- 1. Entrance
- .'...' Stone Trails
- 2. Sugar Maple
- / ✓ Mulched and Dirt Trails
- 3. Red Maple Swamp
- Park Boundary
- 4. Vernal Pool
- P Parking
- /// Boardwalk

Ravine Park

Directions: From Washington Street, go south on High Street for about one mile. Turn right on Beach Street, opposite Warwick Street.

Parking: There is a 2–3 car parking area on Beach Street in a pull-out near the park.

Terrain: The area is generally level.

General: Ravine Park, owned by the City of Middletown, occupies 19 acres in central Middletown, stretching from Beach Street at its east end to Pine Street to the west. Ravine Park is a noteworthy oasis of biodiversity within the city. The park constitutes the northeastern end of a nearly continuous greenway of undeveloped land that extends to Wadsworth State Park in Middlefield, a remarkable and little-known natural corridor in a highly developed area.

> The park has been impacted by human activity. Non-native, invasive species are abundant and include Japanese knotweed, multiflora rose, and garlic mustard that covers the edges of the trail. The stream and its pond at the east end of the park serve as an important catchment area for runoff, which has grown in volume in recent years due to increased impervious surfaces in the area. Erosion due to storm flooding is visible at the west end of the stream.

> Nonetheless, Ravine Park contains some fine examples of wetland vegetation. In the early spring there are extensive displays of trout lily and bloodroot, although the latter has been compromised by recent sewer construction in the area. The dominant tree species are beech, red maple, and several species of oak. The understory contains abundant ironwood and spicebush, whose misty yellow flowers give a lovely cast to the stream banks in early spring. Pagoda, or alternate-leaved, dogwood can be found at the west end of the trail. Horsetail grows in poorly drained areas, and other damp areas are carpeted with skunk cabbage. Pileated woodpeckers are seen here, and the whinny of screech owls is often heard at night. This is also a good spot to look for warblers during the spring and fall migrations.

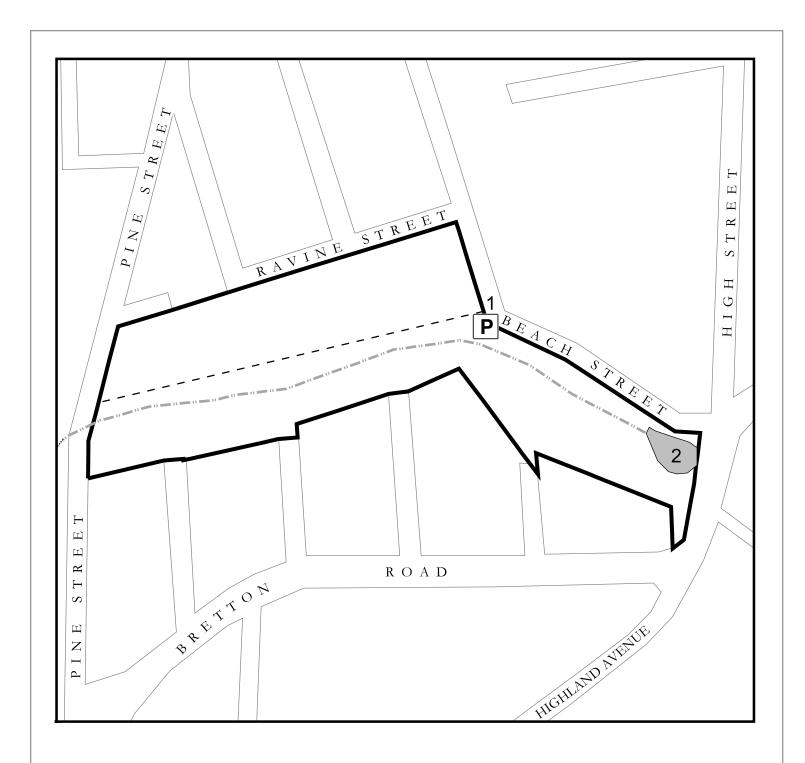
Trails: The Marion Banks Nature Trail, approximately 0.125 miles in length, runs through the park and is easily accessed from either end. It is often soggy in a few places and there is abundant poison ivy along some stretches of the trail. It proceeds east-to-west through Pike's Ravine, a steep, wooded ravine.





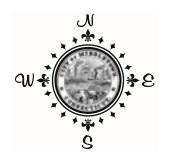
Skunk cabbage

(right)



Ravine Park

*(Scale = 1 in : 250 ft)





- 1. Main Entrance
- ',' Main Trail
- 2. Pond
- **Stream**

- - Park Boundary
- P Parking

Smith Park

Directions: Take Country Club Road east from Interstate 91 or west from the Ballfall Road/East Street junction. The park entrance is just west of Moody School on the north side of Country Club Road.

Parking: There is ample parking in the lot at the park.

Terrain: The trail is relatively flat in slope.

General: Smith Park, acquired by the City of Middletown in June 1974, consists of 50 acres adjacent to playing fields associated with Moody School. The main access to the park is a gated entrance located just west of Moody School. The park is closed at sunset and Park and Recreation staff locks the gates.

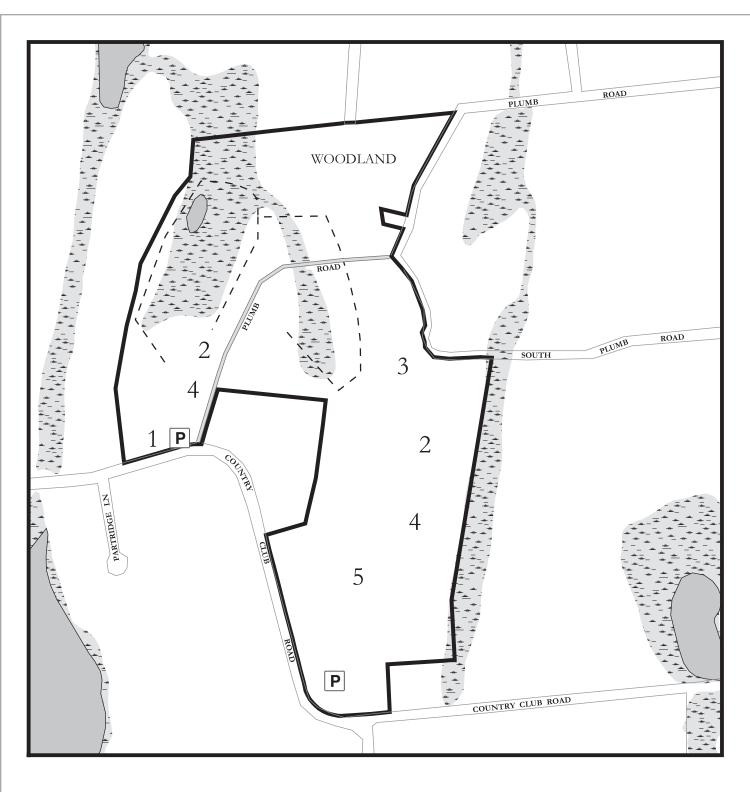
Amenities at Smith Park include ball fields, a playground, hiking trails, horseshoe pits, shuffleboard, and a pavilion. Seasonally, there are restrooms available near Moody School adjacent to the ball fields. Permission can be obtained from the Park and Recreation Commission to host a family outing or company picnic at the pavilion. Handicapped accessibility is limited.

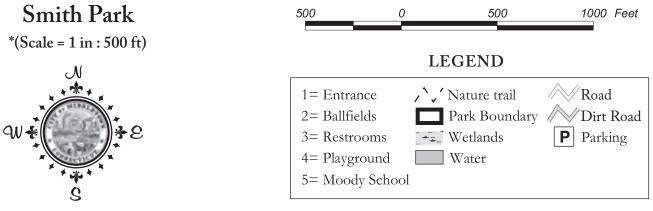
Various types of plants and animals inhabit the undeveloped area of the park throughout the year. Adjacent to the wooded area is a wetland meadow with a variety of shrubs, including silky dogwood, winterberry, buttonbush, and highbush blueberry. A small pond, as well as a small watercourse, is located in the middle of the woodland.

Trail: Associated with the park is a short hiking trail, which loops into a woodland area.



Dogwood berries in shades of white to blue ripen at Smith Park in late summer.





Spiderweed Preserve

Directions: Take Route 9 to Exit 10 in the southern part of Middletown. At the end of the exit ramp, take a left

(north) onto Route 154 (Saybrook Road) and continue for 0.7 miles. Turn right onto Dripps Road (a dirt road). Follow the road uphill for about 500 feet. The entrance to the main Spiderweed trail is on the

left.

Parking: There is no off-road parking, but there is room on Dripps Road for a few cars.

Terrain: The Spiderweed trail is varied and, at times, very steep and challenging.

General: This 157-acre property is one of the first purchases made by The Nature Conservancy in Connecticut.

The preserve offers a varied hike through deciduous forest, primarily of oak and beech, past overgrown fields, along massive rock outcrops, over a rock bluff, down to a stream, and along an old farm lane. Vernal pools, essential habitat for certain species of frogs and salamanders, are found here in the spring, as are bloodroot, trillium, Jack-in-the-pulpit and wild geranium. Stone walls along the route date from

early colonial days.

Trail: Trails include a main trail with two small spur trails. The main trail, three miles long and blazed in white, travels generally in an easterly direction. From the gated entrance, it climbs and then levels out. At about

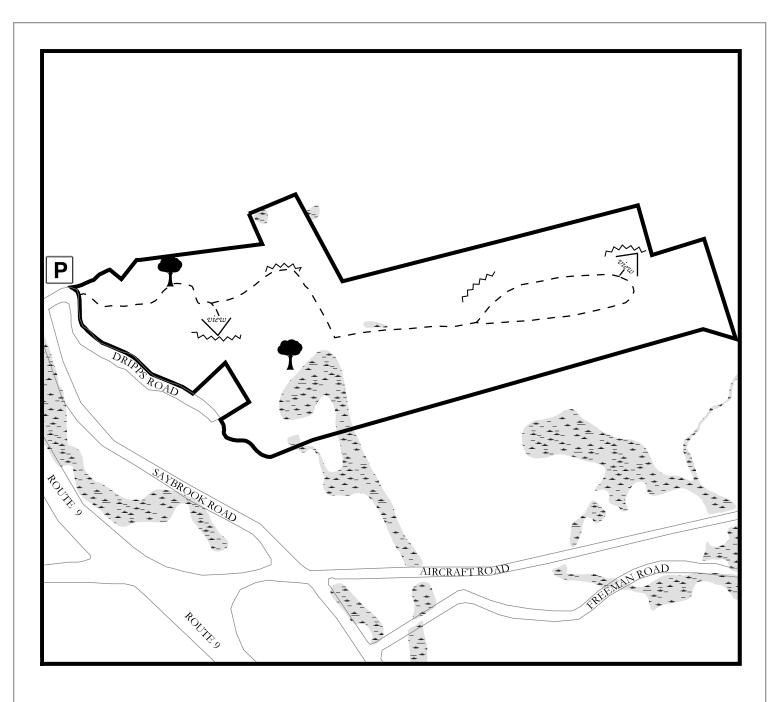
1000 feet from the trailhead on the right, a white-blazed spur trail leads to a scenic overlook on a pegmatite outcrop. The main trail continues along the base of rock outcrops. At the double-blaze, the trail turns right and continues down a steep hill to the stream, at times dry. After crossing the stream, the trail turns left and continues due east. Further along, where the double blazes indicate the start of the loop trail, continue to the right. This trail climbs steeply and loops left to rejoin itself. The second spur trail, blazed in blue, branches off the eastern part of the loop. It continues for about 0.5 miles to a scenic

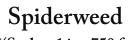
overlook.



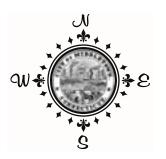
Spotted salamander



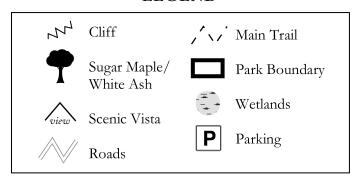




*(Scale = 1 in : 750 ft)







Tynan Memorial Park

Directions: Take Washington Street (Route 66) to Higby Road in the western part of town. Go north on Higby

Road; the park is on the left (west) after about one mile, near the Sisk Street intersection. The park

entrance is a gravel road with a small turnaround area.

Parking: There is limited parking on the grass.

Terrain: The terrain varies from gentle to moderate slopes, with formerly cultivated open fields, an extensive

wetland corridor, and a variety of flora and wildlife habitats.

General: The 32-acre John Tynan Memorial Park, purchased by the City of Middletown using Open Space funds, offers various examples of habitat, diverse wildlife, and scenic views. The property lies on the eastern side of Higby Mountain, and consists of old fields, forest, and wetland areas. During the 1930s, the fields

were used for row crops.

Deer, coyote, rabbit, hawk, owl, turkey, woodpecker, chickadee, hermit thrush, white-breasted nuthatch, and numerous other species populate the property. The abandoned fields support herbaceous vegetation such as goldenrod, curly dock, yarrow, wild garlic, and purple vetch, and dense shrub thickets of blackberry, red raspberry, spicebush, staghorn sumac, and several non-native invasive plants (multiflora rose and Japanese barberry). In addition to a dense stand of eastern hemlock, trees include black birch, ash, black cherry, beech, shagbark hickory, white oak, chestnut oak, sycamore, flowering dogwood, apple,

sugar maple, red maple, and tulip tree.

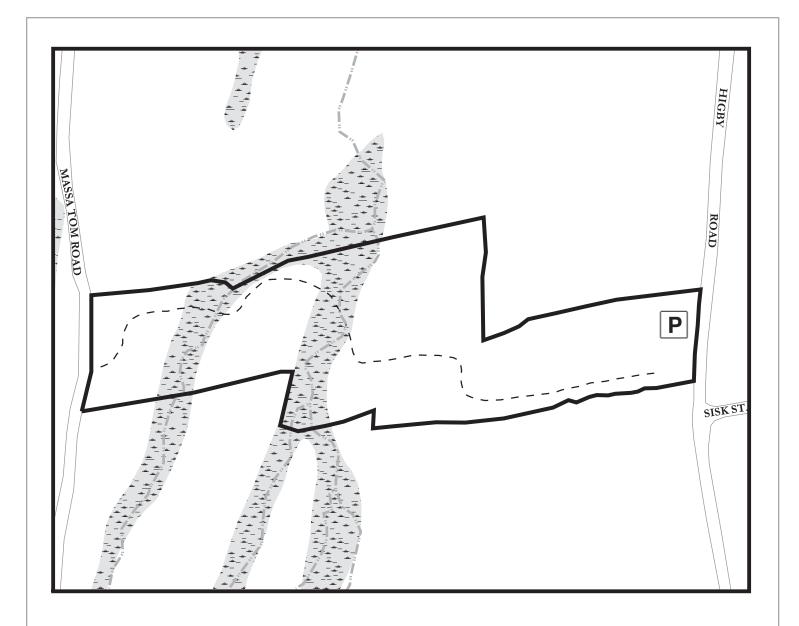
Trail: The unmarked, but easily identifiable trail, which starts south of the parking, is approximately 0.5 miles in length. It begins with a moderately steep slope along the property's southern border. The trail descends west through an overgrown field. It traverses north for approximately 50 yards then downslopes west through a large ungrazed wet meadow that runs through the center of the property. Turning north, the

> trail enters a dense shrub thicket. Then turning west, the trail crosses an intermittent stream and enters forested land, predominantly eastern hemlock. There is a second water crossing at Fall Brook (continue west

instead of heading downstream because that path dead-ends). At this point, the trail becomes rocky, slopes upward, and then veers slightly south. The trail ends at the intersection of Massa Tom Road, a woods road that connects Country Club Road with the Mount Higby Reservoir service area.

The crossing at Fall Brook can be difficult, if not impossible, when the water level rises during late winter and early spring.

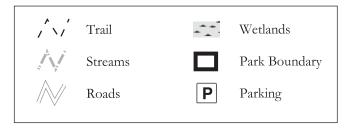




Tynan Memorial Park

*(Scale = 1 in : 400 ft)





Veteran's Memorial Park/Palmer Field

Directions: Veteran's Memorial Park can be accessed several ways. From Newfield Street (Route 3) take Fisher Road; from Washington Street (Route 66) take Old Mill Road north; or from Westfield Street go south on

Old Mill Road. Palmer Field is accessible from Washington Street via Bernie O'Rourke Drive.

Parking: There is a large parking area along Bernie O'Rourke Drive to access both Palmer Field and the pedestrian

bridge that links Palmer Field to Veteran's Memorial Park. In Veteran's Memorial Park, there is parking

near the pool area. One can also park on the side of Walnut Grove Road, which bisects the park.

Terrain: There is easy walking within the park.

General: Veteran's Memorial Park, owned by the City of Middletown, consists of 41 acres with several recre-

ational facilities including a public pool, softball field, playscapes, picnic areas, horseshoe pits, and two small pavilions. The open space area is in the northwestern part of the park. There is a well-defined trail

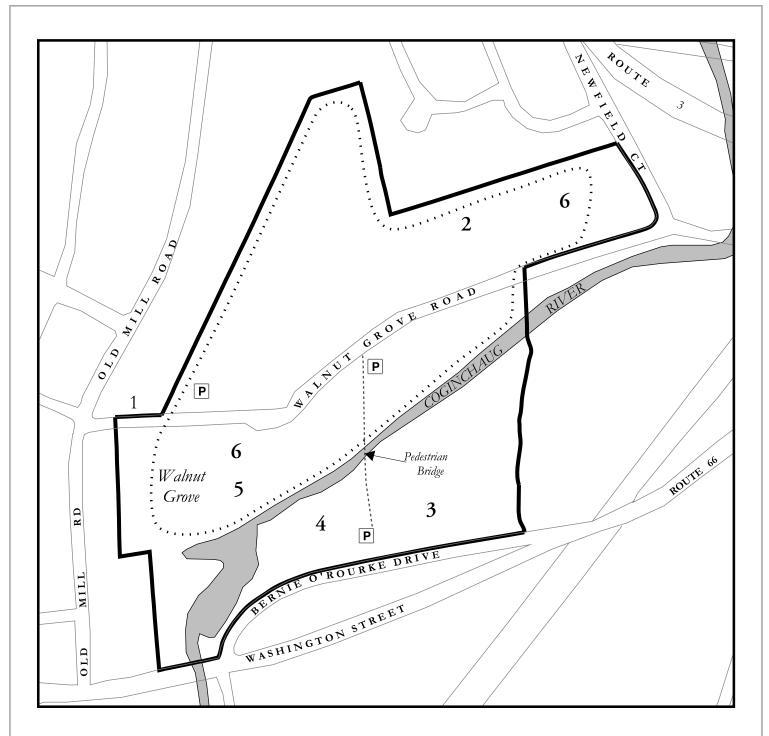
along the perimeter, and there is an outstanding grove of walnut trees here.

Palmer Field is used for many city sports events; the Middletown Sports Hall of Fame is located here as

well. There are restroom facilities in both parks. The Coginchaug River runs between the two parks.

Trails: There is an exercise trail, approximately a one mile loop, that can be used for running (see map).





Veteran's Memorial Park & Palmer Field

*(Scale = 1 in : 400 ft)



400 0 400 800 Feet

- 1. Veteran's Park entrance
- 2. Pool
- 3. Palmer Field
- 4. Sports Hall of Fame
- 5. Restrooms
- 6. Playground

- Water
- Park Boundary
- Exercise Trail
 - P Parking

Wadsworth Falls State Park

Directions: Take Route 66 to West Street (Route 157). Go south on West Street until the first stop sign. Turn right (west) and follow Route 157 to the main park entrance on the left.

Parking: A large parking lot is located at the main entrance, where a state park fee is charged during season. There is also limited parking in a pull-out along Cherry Hill Road in Middlefield (see map).

Terrain: The main trail is flattest and most accessible to hikers. Other trails vary from fairly flat to extremely steep.

General: Clarence Wadsworth willed the 267-acre parcel, located in both Middletown and Middlefield, to the state in 1942. Special features include two brooks, two major streams, the Coginchaug River, and two waterfalls. The larger of the two, Wadsworth Falls, is across a field from the parking lot on Cherry Hill Road. Many trails wind through the park.

The Main Trail, about 1.5 miles long and blazed in orange, is easiest to access from the main parking area. From the Cherry Hill Road parking area, the trail is on the left, up the hill and across a small bridge. The trail winds through deciduous forest and large mountain laurel bushes. Most other trails intersect with the main trail.

The Deer Trail, blazed in green, is somewhat steep on its southwest end. It runs between the White Birch Trail (near its junction with the Bridge Trail) and the Main Trail.

The Little Falls Trail, blazed in dark blue, is steep and narrow. It branches from the main trail and crosses Wadsworth Brook at its lowest point. Little Falls is visible on the upstream side where the brook flows over a large outcropping of brownstone. It is especially magnificent in spring or after a heavy rain. On the west side of the brook, a steep incline leads back to the main trail.

The Bridge Trail, blazed in light blue, follows Laurel Brook and is named for the brownstone bridge that was constructed by the Civilian Conservation Corps during the Depression. Though relatively flat, the trail has many rocks and tree roots. It runs easterly from the main trail to Laurel Grove Road.

The White Birch Trail, blazed in white, passes through multiple stands of mature white birch trees. It is a trail of varied terrain and hiking difficulty (see map for location).

The Cedar Loop Trail, blazed in red, is named for the predominant tree along this route (see map for location).

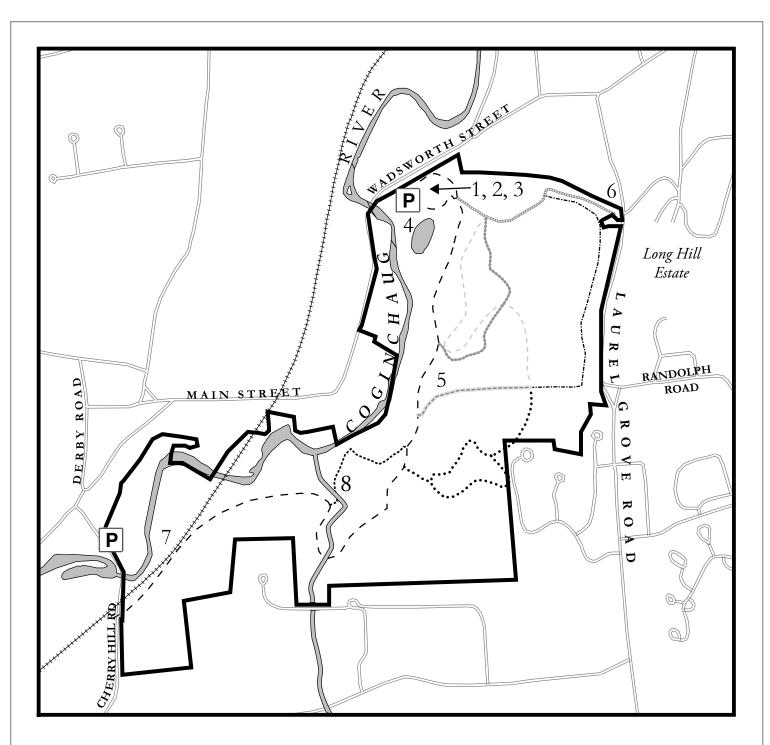
The Laurel Brook Trail, blazed in yellow, can be reached from the Bridge Trail or from the White Birch Trail. It follows Laurel Brook along the eastern side of the park, with many steep and narrow sections. Steep areas of this trail can be icy and treacherous in winter.

The White Birch Ridge Trail is a short stretch of trail that can be wet and difficult to walk (see map).



oto—Pat Rasch

Indian Pipe



Wadsworth Falls State Park

*(Scale = 1 in : 1000 ft)



1000 0 1000 2000 Feet

LEGEND

- 1. Main Entrance
- 2. Phone / Picnic Tables
- 3. Bathhouse / Restrooms
- 4. Beach / Swimming
- 5. Giant Mountain Laurel
- 6. CT trail to Long Hill Estate
- 7. Big Falls Waterfall
- 8. Little Falls

- ••••• Cedar Loop Trail
- Laurel Brook Trail
- Little Falls Trail
- Main Trail
- Parking
- Stream

Water

- White Birch Trail
- // White Birch Ridge Trail
- // Deer Trail
- Bridge Trail
- Park Boundary

 Railroad
- Roads



Major Trails:

Bicycle Trails

The overall vision of Middletown's bikeway system is to connect residential areas, commercial properties, parks, and schools within the City, and to link Middletown with neighboring towns. The City intends to extend the existing trails to the downtown riverfront area in the future.

Two trails are featured here: the 2.2 mile Westlake Area Bike Path, which opened in 1999, and a 2.9 mile Mattabesset River Bike Path, projected to open in 2006. Both of these trails are closed during the winter months.



Mattabesset River Bike Path

(opening in 2006)

Directions: From Interstate 91 south, take Exit 21 (Route 372). At the end of the ramp, go straight and continue to the end of Industrial Park Road. Turn right onto Smith Street. Cucia Park is on the left, where parking

access to the bike paths is located.

From Interstate 91 north, take Exit 20 (Country Club Road/Middle Street). Turn left at the end the ramp onto Country Club Road. Take the first right onto Middle Street. Turn right at the first traffic light onto Smith Street. Cucia Park is on the right, where parking access to the bike paths is located.

Parking: Ample parking is available at Cucia Park, which is connected to this trail by the Westlake Bike Path.

Terrain: The trail is mostly level with some gentle to moderate slopes.

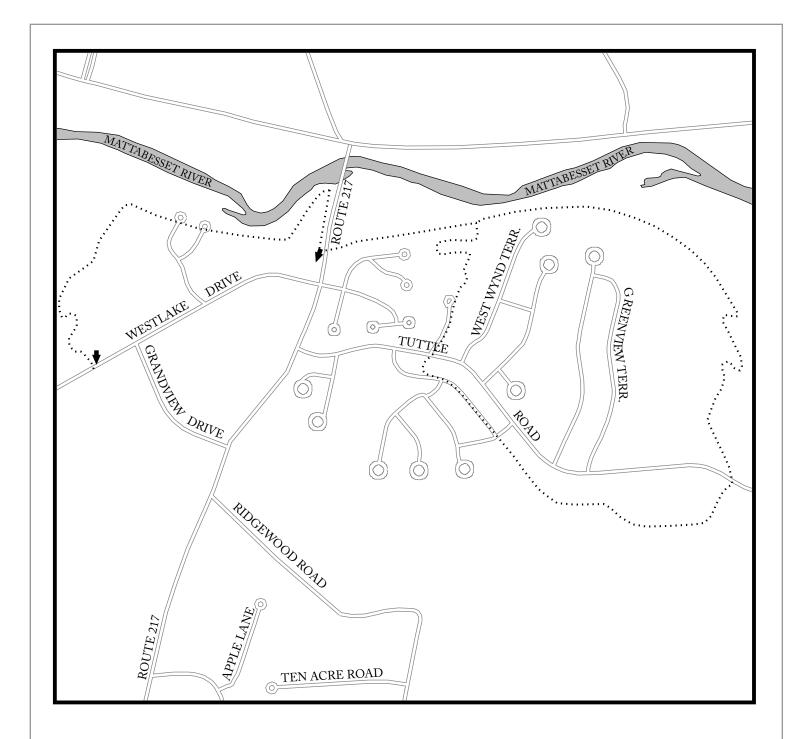
General: This bike trail is on land owned or under easement by the City of Middletown. This section of the trail, scheduled to open in 2006, will be a ten-foot wide paved bituminous trail that will provide scenic vistas and access to the Mattabesset River for fishing and bird watching. It is open to bicycles, roller bladers,

and strollers and is wheelchair accessible. The trail is closed in the winter.

Trail: The 2.9 mile trail begins on Westlake Drive near Route 217, where the Westlake Bike trail ends. It proceeds north and then east along the river, under East Street, and forms a loop around the Meadows at Riverbend subdivision, running parallel to Tuttle Road in some sections.



Green Dragon



Mattabesset River Bike Path

*(Scale = 1 in : 750 ft)





- :: Mattabesset River Bike Path
- ↑ Connector to Westlake Path
- Mattabesset River

Westlake Area Bike Path

Directions: From Interstate 91 south, take Exit 21 (Route 372). At the end of the ramp, go straight and continue to the end of Industrial Park Road. Turn right onto Smith Street. Cucia Park is on the left, where parking access to the bike paths is located.

From Interstate 91 north, take Exit 20 (Country Club Road/Middle Street). Turn left at the end the ramp onto Country Club Road. Take the first right onto Middle Street. Turn right at the first traffic light onto Smith Street. Cucia Park is on the right, where parking access to the bike paths is located.

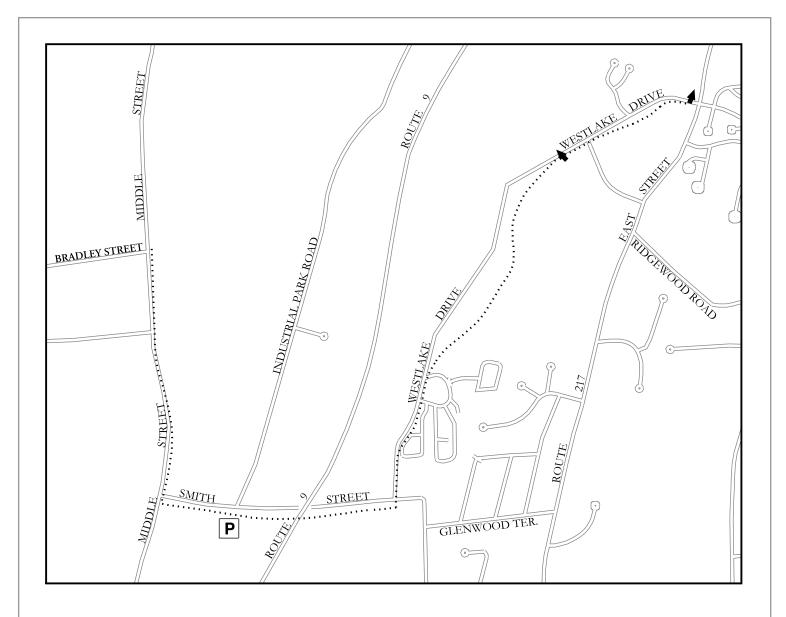
Parking: Ample parking is available at Cucia Park.

Terrain: This is a level, paved, street-lit trail, that is eight-feet wide and separated from the roadway by a grass buffer.

General: The bike trail, which opened in May 1999, is 2.2 miles long. It is located in a residential/commercial area and designed with special consideration for commuters.

Trail: The trail begins on Middle Street at the intersection of Bradley Street and Aetna Drive. It proceeds south along Middle Street to Smith Street, then east on Smith Street, continuing under the Interstate 91 overpass to Westlake Drive. From there the trail heads north on Westlake Drive to its terminus near Route 217.





Westlake Area Bike Path

*(Scale = 1 in : 1000 ft)



W. E.

LEGEND

Westlake Area Bike Path
Roads
To Mattabesset River Bike Path
Parking at Cucia Park

Major Trails:

Canoe/Kayak Trail

In Middletown, we are fortunate to be located on the Connecticut River, named The Long Tidal River by Native Americans. One of its major tributaries, the Mattabesset River, defines the northern boundary of Middletown, as it flows southeasterly into the Connecticut River. The Mattabesset gains strength and volume when joined by its sister tributary, the Coginchaug River, before it meets the Connecticut just north of the Arrigoni Bridge. Cromwell Meadows (also called Round and Boggy Meadows) is a large freshwater tidal wetland located at the confluence of the Mattabesset and Coginchaug Rivers that is recognized regionally, nationally, and internationally for its rare species, fisheries, wetlands, water birds, and unusual habitat. These are wonderful areas to explore in canoes or kayaks.





Mattabesset River Canoe/Kayak Trail

Directions/Parking: Sawmill Pub – Take Route 9 to Exit 19 (Route 372/West Street). Turn west onto West Street, and left onto Route 3 at the stoplight before Stop & Shop. The Sawmill Pub is about 0.25 miles on the left side of road. Please park in the delineated parking spaces. Note: As of October 2004, the Pub has closed and the property has been sold. Plans are to keep the trail access open.

Harbor Park – Take Route 9 to Exit 15 (Route 66/ Washington Street). Take an immediate left onto deKoven Drive, which parallels Route 9. Travel about 0.5 miles, and turn left at the stoplight at Union Street. Go under Route 9, turn left onto Harbor Drive, and then right into the parking area by the boathouse, next to the restaurant.

Trail Difficulty: The Mattabesset River section of the trail is a fairly easy paddle downstream, generally suitable for novice boaters. However, when traveling on the Connecticut River, watch out for large boat traffic, strong currents, and tides.

General: The canoe/kayak trail and accompanying guide were developed by the Connecticut River Coastal Conservation District (formerly, Middlesex County Soil and Water Conservation District), based in Middletown, CT, with funding from the Silvio O. Conte National Fish and Wildlife Refuge and the Long Island Sound License Plate Program, Connecticut Department of Environmental Protection. The launch area is on the property of the Sawmill Pub, whose owners have graciously allowed use of their property for public access to the river.

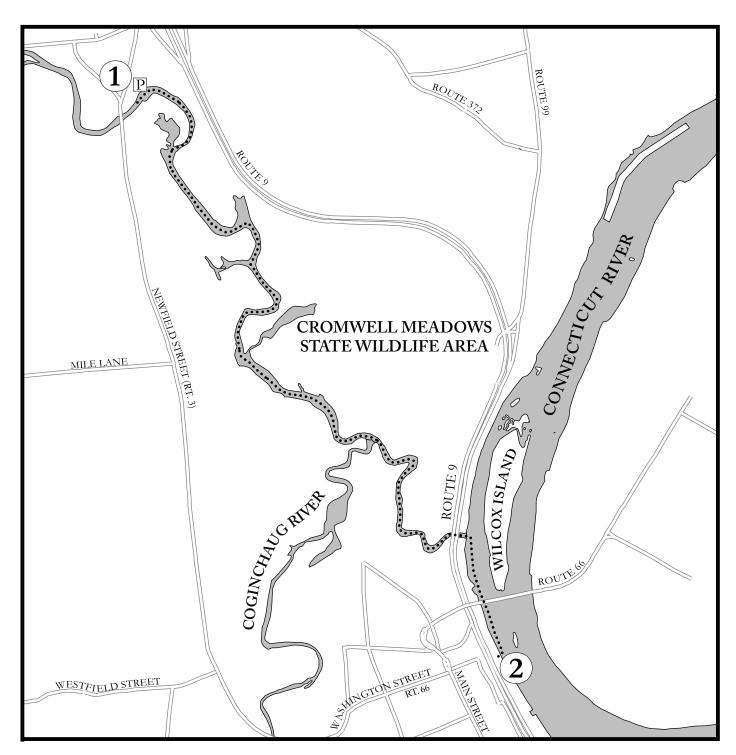
Trail: The Mattabesset River trail begins behind Sawmill Pub, at 24 Shunpike Road (Route 3) in Cromwell, and ends at Harbor Park in Middletown. The trip time from Sawmill Pub to Harbor Park is approximately 2 hours.

An interpretive sign and trail guide box are located near the entrance to the trail. Follow the trail down a short set of stairs to the river's edge to launch your boat. Turn left (downstream) at the put-in spot. The canoe/kayak trail winds its way downstream from the Pub through Cromwell Meadows, a large freshwater tidal wetland at the confluence of the Coginchaug and Mattabesset rivers, and out to the Connecticut River to Harbor Park.

The Sawmill Pub launch area is very muddy at low tide, so it is best to begin your trip during high tide. If you plan to take out at Harbor Park, you can leave a second car there. When using the public dock at Harbor Park, please yield to any crew teams departing and arriving at the dock. If you plan to return to the pub, again, be aware of the tides.

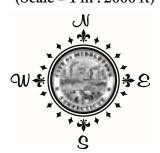
Special Note:

- Children 11 years and under are required by State law to wear a personal flotation device (PFD) at all times while on a vessel, although PFD usage is encouraged strongly for both children and adults. There must always be one PFD in the vessel for each person. Canoeists/kayakers must wear PFDs during cold weather months from October through May.
- Be aware that waterfowl hunters use the river and this area from mid-October through December.
- Please be mindful that this area is home to several species of endangered or threatened birds. To minimize disturbance to nesting and foraging birds, small creeks and marsh edges should be avoided.

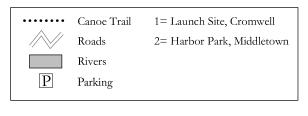


Mattabesset River Canoe / Kayak Trail

*(Scale = 1 in : 2000 ft)







Strolls & Vistas

There are several sites within Middletown that are worth a visit but do not provide extensive trails that warrant a long stay. These are described below and can be found on the Location Map on page 4. City streets and highways help locate the areas.

Bible Rock

On the west side of Route 154, just north of the Seven Falls parking area in Haddam, is an eight-foot tall, free-standing granite rock in the shape of an opened Bible on a relatively flat piece of land. The parcel on which it sits, located on the Haddam/Middletown line, was given to the State of Connecticut by Clarence Wadsworth of Long Hill Estate and Wadsworth State Park in the early 1940s. More signage is planned for the future. To access Bible Rock, turn onto Thayer Road, enter the first private driveway on the right and continue to the path.

Columbus Point/Harbor Park

This 3.5-acre park is located on the western bank of the Connecticut River, between Route 9 and the river near downtown Middletown. On the southern end is Columbus Point, a small grassy area with a statue of Columbus. A walkway connects Columbus Point with Harbor Park to the north. An east-west pedestrian tunnel under Route 9 connects the northern end of Harbor Park to the main downtown area.

Both parks have picnic tables and excellent views of the Connecticut River, Portland, and the Arrigoni Bridge. The area is owned by the City of Middletown.

Forest Grove

This is a 6-acre parcel located between the west side of Forest Street and the Coginchaug River. The Rockfall Foundation owns this narrow strip of land, with one path. It is an easy walk with flat terrain. There are nice views of the river in this hemlock and deciduous grove. Parking for about four cars is available along Forest Street, 0.2 miles north of Wadsworth Street.

Hubbard Park

This 35-acre parcel, owned by the City of Middletown, is located next to Spencer School on Westfield Street.



Red Trillium

Although the parcel can be accessed from Spencer School, it is preferable to access it from Nathan Hale Road, off of Phedon Parkway, which can be accessed from Barbara Road and Old Mill Road. Parking is on the side of Nathan Hale Road, where a sign identifies the tract. This primarily deciduous wooded area has several informally marked trails. The terrain is flat and easy to walk.

Marino

This 1.7-acre parcel, owned by the Middlesex Land Trust, is located on a triangular piece of land between Main Street Extension and Mill Street. The beginning of the path into this preserve, indicated by a small marker on a white post at the trailhead, is located on Mill Street directly across from Front Street. A short path leads to Sumner Brook and ends at a small rocky beach where the stream broadens out. Beware of poison ivy.

Sumner Brook Corridor

The Middlesex Land Trust has acquired over 80 acres along Sumner Brook in the South Farms section of Middletown. Parcels are generally located near Millbrook Road south of Randolph Road. They are composed principally of open fields, wetlands, and small groves of trees. Although there are no trails, they are interesting places to visit for bird watching, a short stroll in a very rural setting, and, if dry enough, a picnic. Most of the following information comes from the Middlesex Land Trust Trail Guide.

Harris Preserve: This 36-acre preserve is composed mostly of wetlands and open flat land. Park on the north side of Wilcox Road and walk in between house #36 and #60.

Jackson Farms Preserve: Located on the south side of Wilcox Road, this 5.5 acre preserve is frequently wet but worth visiting. Park on the side of road and enter between the brook and the house to the east.

South Farms Preserve: Covering 22 acres, this preserve is primarily overgrown fields on which trails are planned for the future. For access, park on Lyceum Road.

Longworth Preserve: This 23-acre preserve with an east-west orientation is located on the east side of Millbrook Road, across from the intersection with Livingston Road. The west side of the property is a hay field and, to the east across Sumner Brook, is a ridge on which several large oaks are located.

Westfield Falls

This 4-acre parcel, owned by the City, is on the northern side of Miner Street, approximately one mile west of East Street. There is space for two cars to park next to several stone barriers. The short trail is rocky and uneven in spots, with a significant drop-off along its edge. The falls are about 100 feet high, surrounded by rock ledges and hemlock forest.



American Goldfinch



Red Admiral Butterfly

Other Resources

There are a number of excellent hiking, walking, or informational guides specific to the Middletown area with information to supplement the *Middletown Trail Guide*. They include:

- Connecticut Walk Book: A Trail Guide to The Connecticut Outdoors. 1997. Connecticut Forest and Park Association, 16 Meriden Road, Rockfall, CT 06481. This complete guide to the blue-blazed hiking trails in Connecticut can be obtained from the Connecticut Forest and Park Association, (860) 346-2372. \$18.00. Add \$4.00 for shipping and handling if it is to be mailed.
- Country Walks in Connecticut: A Guide to The Nature Conservancy Preserves. Second Edition. 1989. Susan Cooley. This trail guide is available from The Nature Conservancy, (860) 344-0716. \$8.95
- Mattabesset River Canoe/Kayak Trail Guide. 2001. Middlesex County Soil and Water Conservation District (now Connecticut River Coastal Conservation District). This laminated trail guide can be obtained by contacting the Conservation District at (860) 346-3282. Copies are also available at the launch area at Sawmill Pub in Cromwell.
- Middlesex County Trails. Undated. The Rockfall Foundation. This brochure is free and can be obtained by contacting The Rockfall Foundation, (860) 347-0340.
- The Middlesex Land Trust Trail Guide: Selected Walks on Trust Preserves. 2000. The Middlesex Land Trust. This publication is free and can be obtained by contacting the Middlesex Land Trust, (860) 343-7537.
- *Trees of Middletown, a Walking Tour through the Urban Forest.* 1994. JoAn Johnstone Chace. This publication is free and can be obtained by contacting The Rockfall Foundation, (860) 347-0340.



Beware of the 3 shiny leaves of Poision Ivy along trails.

Bird Checklist

Following is a list of birds that may be found along Middletown trails in varied habitats. W winter resident; S summer resident; M migrant; U uncommom; (no symbol is year-round resident)

Red-throated Loon W	Common Tern S	Killdeer
Common Loon W	Least Tern S	Spotted Sandpiper S
Pied-billed Grebe Double-crested Cormorant Great Cormorant W	Virginia Rail Sora S	Common Snipe M American Woodcock S
American Bittern S Green-backed Heron Great Blue Heron Great Egret	 Turkey Vulture Osprey S Bald Eagle Northern Harrier Sharp-shinned Hawk 	Rock Dove Mourning Dove Belted Kingfisher Black-billed Cuckoo S U Yellow-billed Cuckoo S U
Snowy Egret S Canada Goose	Cooper's Hawk Red-shouldered Hawk	Common Nighthawk M S
Snow Goose U Wood Duck S Green-winged Teal S	Broad-winged Hawk M S Red-tailed Hawk Golden Eagle W U	Whip-poor-will S Ruby-throated Hummingbird S
Blue-winged Teal M	American Kestrel	American Crow
American Black Duck Mallard	Merlin Peregrine Falcon	Fish Crow Common Raven U
Northern Pintail M Ring-necked Duck M	Eastern Screech-Owl Great Horned Owl	Blue Jay Horned Lark
Bufflehead W Hooded Merganser M Common Merganser M	Bufflehead W Hooded Merganser M Saw-whet Owl U	Red-bellied Woodpecker Yellow-bellied Sapsucker
Red-breasted Merganser M Mute Swan	Ring-necked Pheasant Ruffed Grouse	Downy Woodpecker Hairy Woodpecker
Laughing Gull S Ring-billed Gull Herring Gull	Wild Turkey	Northern Flicker Pileated Woodpecker
Great Black-backed Gull		

Red-breasted Nuthatch	Gray Catbird	Black-capped Chickadee	
White-breasted Nuthatch	Northern Mockingbird	Tufted Titmouse	
P	Brown Thrasher		
Brown Creeper	C. L. W.	Bobolink S	
Eastern Kingbird S	Cedar Waxwing	Red-winged Blackbird	
Olive-sided Flycatcher M	European Starling	Eastern Meadowlark S	
Eastern Wood-Pewee S	With the annual Winner C	Common Grackle	
Alder Flycatcher S	White-eyed Vireo S	Brown-headed Cowbird	
Willow Flycatcher S	Solitary Vireo S	American Tree Sparrey W	
Least Flycatcher S	Yellow-throated Vireo S	American Tree Sparrow W	
Eastern Phoebe S	Warbling Vireo S Red-eyed Vireo S	Chipping Sparrow S Field Sparrow S	
Great Crested Flycatcher S	Ked-eyed vileo S	Field Sparrow S Fox Sparrow	
Purple Martin S	Blue-winged Warbler S	Song Sparrow	
Turple Wartin 5	Northern Parula S	Swamp Sparrow	
N. Rough-wg. Swallow S	Yellow Warbler S	White-throated Sparrow	
Bank Swallow S	Chestnut-sided Warbler S	White-crowned Sparrow S M	
Barn Swallow S	Black-throated Blue Warbler S	white clowned sparrow six	
Baili Swanow S	Yellow-rumped Warbler	House Sparrow	
Chimney Swift S	Black-throated Green Warbler S	Orchard Oriole S	
Carolina Wren	Pine Warbler S	Northern Oriole ("Baltimore")	
House Wren S	Prairie Warbler S		
Winter Wren	Palm Warbler M	Northern Cardinal	
Marsh Wren	Blackpoll Warbler M	Purple Finch	
	Black-and-white Warbler S	House Finch	
Golden-crowned Kinglet	American Redstart S	American Goldfinch	
Ruby-crowned Kinglet	Worm-eating Warbler S	Dark-eyed Junco W	
Blue-gray Gnatcatcher S	Ovenbird S	Common Redpoll U	
Veery S	Northern Waterthrush M	Indigo Bunting S	
Louisiana Waterthrush S Hermit Thrush S		Rose-breasted Grosbeak S	
Wood Thrush S	Common Yellowthroat	Evening Grosbeak W	
American Robin	Hooded Warbler S U	Red Crossbill U	
Rufous-sided Towhee	Wilson's Warbler S U	Snow Bunting W	
Eastern Bluebird	Canada Warbler S U	Scarlet Tanager S	

Notes:	

Notes:	